



2023 CHILDREN'S WELLNESS GUIDELINES

Children's Health

Put your children on the path to wellness by scheduling regular office visits with a doctor. In addition to discussing your child's growth and progress, the doctor should:

- ◆ Check your child's body mass index percentile regularly beginning at age 6.
- ◆ Conduct a yearly wellness exam beginning at age 3.
- ◆ Test vision at least once between the ages of 3 and 5.

Routine children's immunization schedule

| Vaccine | Birth | 1 month | 2 months | 4 months | 6 months | 12 months | 15 months | 18 months | 1.5 – 3 years | 4 – 6 years |
|--|-------|---------|----------|----------|--|-----------|--|-----------|---------------|----------------|
| Hepatitis B (HepB) | ● | ● | | | | | | | | |
| Rotavirus (RV) | | | ● | ● | ●* | | | | | |
| Diphtheria, Tetanus and Pertussis (DTaP) | | | ● | ● | ● | | | ● | | ● |
| Haemophilus Influenzae Type b (Hib) | | | ● | ● | ●* | | ● | | | |
| Pneumococcal Conjugate (PCV) | | | ● | ● | ● | | ● | | | |
| Inactivated Polio Vaccine (IPV) | | | ● | ● | | | ● | | | ● |
| Influenza (Flu) | | | | | ● Recommended yearly starting at age 6 months, with two doses given the first year | | | | | |
| Measles, Mumps and Rubella (MMR) | | | | | | | ● [†] | | | ● [†] |
| Varicella (Chickenpox) | | | | | | | ● | | | ● |
| Hepatitis A (HepA) | | | | | | | ● First dose: 12 – 23 months ● Second dose: 6 – 18 months later | | | |

● One dose ■ Range of recommended dates

*Number of doses needed varies depending on vaccine used. Ask your doctor.

[†]Measles, mumps and rubella (MMR) vaccine. (Minimum age: 12 months for routine vaccination) Routine vaccination: is a two-dose series at 12–15 months and 4–6 years. The second dose may be given as early as four weeks after the first dose.

Tweens and Teenagers

As your child grows into a teen, he or she should continue yearly doctor visits for exams and scheduled immunizations. These visits give the doctor a chance to talk about:

- ◆ The importance of good eating habits and regular physical activity.
- ◆ Avoiding alcohol, smoking and drugs.
- ◆ The impact of sexual activity and sexually transmitted disease.

Recommended immunizations for ages 7 to 18

| Vaccine | 7 – 10 years | 11 – 12 years | 13 – 15 years | 16 years | 17 – 18 years |
|--|--------------|---------------|---------------|----------|---------------|
| Tetanus, Diphtheria and Pertussis (Tdap) | | ● | | | |
| Human Papillomavirus (HPV)* | | ● | | | |
| Meningococcal (MCV) | | ● | | ● | |
| Influenza (Flu) | Yearly | | | | |

● One dose ■ Range of recommended dates

*The Centers for Disease Control and Prevention recommends all 11- to 12-year-olds receive a two-shot series of HPV vaccine at least six months apart. A three-shot series is needed for those with weakened immune systems and those ages 15 or older.

Sources: U.S. Department of Health and Human Services, the Centers for Disease Control and Prevention, U.S. Preventive Services Task Force.



These recommendations come from the Centers for Disease Control and Prevention and the American Academy of Pediatrics, independent organizations that offer health information you might find helpful. The recommendations are not intended as medical advice nor meant to be a substitute for the individual medical judgment of a doctor or other health care professional. Please check with your doctor for individual advice on the recommendations provided.